

# "EXPERIENCE"

May 17, 2026

## Schoharie County Office for the Aging 518-295-2001

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**May is Older Americans Month Let's celebrate!!**

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**Ready, Set, Connect!!** Please join us for a day of learning how to connect the dots of Aging in Place. When & Where: 9:30AM-12:30PM, Registration at 9:00AM. May 28, 2026, at the Gathering Place 50 Plus Community Center, 127 Kenyon Road, Cobleskill, NY 12043. Brunch will be provided. OPEN to the PUBLIC \* RSVP to 518-295-2001.

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**Vivo! An Exciting New Virtual Strength Training Program**  
We are thrilled to announce a new program aimed at improving your strength, balance, and overall well-being starting this May. Vivo will offer live and interactive, online, small group strength training program scientifically tailored for older adults here at the Schoharie Senior Center. - completely **FREE!**

### **Program Details:**

- Classes will be offered every Tuesday at 9AM.  
Next class is May 19th.
- Join the exercise class from the community room at Office for the Aging (113 Park, Suite 3, Schoharie)
- Exercise classes are virtual and led by a certified trainer and tailored to your ability.

This is a fantastic opportunity to prioritize your health in a safe and supportive exercise environment. We encourage you to take advantage of this program to get stronger! For more information, call the senior center front desk to receive the registration details, 518-295-2001.

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**Reminder** The Parkinson Support Group meets on the second Tuesday of every month, at 1PM, the next meeting will be **June 9, 2026**, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

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**Life Chat for May:** Please join our Life Chat for our monthly meeting on **May 27th at 1PM in Celebration of Older Americans Month** we will be making soap with Kenna from Mineral Springs Soap, Cobleskill, NY. In this hands-on session, you will create your own batch of soap (about 4 Bars) Making soap from scratch with all-natural ingredients can be fun, rewarding, and interactive. Seats are limited/ workshop length 1 1/2 + hours. RSVP to **Lenore (518-295-2001)**. Schoharie County Office for the Aging, 113 Park Place, Suite #3, Schoharie, NY 12157. Door prize and light refreshments!

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**AARP Defensive Driving Class** will be held June 12, 2026, from 9:00AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. No Cash payments will be accepted. Bring your Driver's license & AARP Card if you are a member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration required: 518-295-2001.

### \*\*\*\*\* **Health Tip: May is Arthritis Awareness Month.**

Arthritis is a leading cause of pain and disability, but healthy habits and early care can help reduce pain, protect joints, and improve quality of life.

### **Below are some tips to help you with arthritis:**

**Stay physically active:** Physical activities such as walking, swimming, and strength training can help reduce joint pain, improve flexibility, and support overall joint health.

**Maintain a healthy weight:** Excess weight puts added stress on weight-bearing joints which can worsen arthritis symptoms.

**Protect your joints:** Using proper body mechanics, assistive tools, and pacing daily activities can help prevent joint strain and injury.

**Don't ignore symptoms:** Early diagnosis and treatment can slow disease progression and help preserve mobility

To learn more about arthritis, visit CDC's page on arthritis.

### \*\*\*\*\* **Laughter is good for the soul**

- A Day without laughter is like coffee without caffeine- technically possible, but why would you?

- Sometimes the best medicine has no side effects except snorting in public.

- They say money can't buy you happiness...but it can buy snacks, and have you ever been sad with snacks? Exactly.

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**Thought for the week:** The human brain can store roughly 2.5 million gigabytes of information...and still forget why it walked into a room.